Mix around with Cranberry Juice

The Smart Drink

Bless your stars when you reach for that ice-cold jar of cranberry juice in your refrigerator for you'll never guess how lucky you are and how "smart" you're drinking! While you sip a delectable potion of the ruby-red elixir, give a thought to the ladies of yesteryear who as early as 1683 also were drinking cranberry juice, but under quite different circumstances.

For a glass of the "pleasant drink" as they called it, out into the marsh-lands they had to go to gather the little red berries growing wild in the bogs. Then back to the log cabin to stoke the wood stove to brew a batch of the cheery juice with this recipe: "Put a teacupfull of cranberries into a cup of water and mash them. In the meantime, boil one quart and one pint of water with one large spoonfull of oatmeal and a very large bit of lemon peel. Then add the cranberries and as much fine Lisbon sugar as shall leave a smart."

Today, we can reach for a bottle of Ocean Spray Cranberry Juice Cocktail on the supermarket shelf—any time of year. Cranberry juice is springing surprises, too, in delightful, ready-mixed juice combinations. Try Ocean Spray's Cran-apple® juice drink, or tangy Grape-berry™ or healthful Cranprune® juice. Keep these cranberry products on hand to use alone as breakfast juices, thirst-quenchers and zesty appetizers—or to make the delightful drinks described in this booklet.

The "smart" way to cool, colorful drinks is Cranberry Rocks. Simply freeze Ocean Spray's cranberry juice in ice-cube trays and add to your favorite drink. They won't dilute or detract from the flavor... they just add the "smart."

Tall, Cool and Refreshing

CRANBERRY NECTAR

"A new way to serve an ancient fruit"

- 2 cups (1 pint) Ocean Spray Cranberry Juice Cocktail, chilled
- 1 cup diced peeled cantaloupe or 1 package (10 ounces) frozen melon balls, thawed and drained
- 1 egg white, unbeaten
- 2 tablespoons sugar
- 1/8 teaspoon allspice

Place cranberry juice and melon into a blender. Whirl at top speed for 30 seconds or until smooth. Strain. Replace in blender with remaining ingredients. Whirl again at top speed for 30 seconds. Pour into tall glasses and serve immediately. Suggested garnish: sprig of fresh mint and a long spear of cantaloupe. *Serves 2*

HONEY-CRAN COOLER

"Dip the mint in powdered sugar for an extra special garnish"

- 2 cups (1 pint) Ocean Spray Cranberry Juice Cocktail, chilled
- 2 tablespoons honey
- 1/4 teaspoon almond extract

Combine all ingredients; mix well. Divide equally among 4 tall glasses. Fill glasses with crushed ice. Suggested garnish: mint sprigs. *Serves 4*

THREE FRUIT PUNCH

"For those who like a 'float' of ice cream"

- 4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail, chilled
- 2/3 cup pineapple juice, chilled
- 2/3 cup apple juice, chilled
- 2 cups (1 pint) vanilla ice cream

Combine cranberry juice, pineapple juice and apple juice. Pour into tall glasses and top with scoops of vanilla ice cream. Serve at once. *Serves 4*

WATERMELON SIPPER

"All color... all flavor... the best"

- 6 cups diced seeded watermelon
- 4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
- 1 cup orange juice
- 1/4 cup lime juice
- Superfine sugar

Place watermelon, 1 cup at a time in the blender. Cover and whirl at top speed for 30 seconds until melon is liquified. Repeat process until all melon is used. Strain watermelon. Combine watermelon juice, cranberry juice, orange juice and lime juice. Add sugar to taste. Pour into tall glasses over ice. Suggested garnish: watermelon cubes. *Serves 8*

(If a blender is not available, press watermelon through a sieve.)

PINK BANANA WHIRL

"For that low in the afternoon, try this pick-me-up"

2 cups (1 pint) Ocean Spray Cranapple®, chilled
2 cups orange juice, chilled
1 ripe banana

Combine all ingredients and whirl in a blender at top speed for 30 seconds until smooth. Serve at once in tall glasses. *Serves 4*

FRUITED COMBO

"You could call this a liquid fruit salad"

1 tablespoon crushed pineapple
2 fresh strawberries, sliced
2 drained canned apricot halves
2 fresh orange sections
Ocean Spray Cranapple®, chilled
Bitter lemon soda, chilled

Place pineapple, strawberries, apricot halves and orange sections in a tall glass. Fill glass ⅔ full of Cranapple. Fill glass with bitter lemon and serve at once. *Serves 1*

TROPICAL CRANAPPLE

"Stay north and drink southern"

3 cups (1 pint) Ocean Spray Cranapple®
1 cup pineapple juice
1 cup orange or tangerine juice
1/2 cup granulated sugar
1/4 teaspoon ground ginger

Combine all ingredients; stir until sugar is dissolved. Pour into tall glasses. *Serves 4*

CRANBERRY IRISH TEA

"When all eyes are smiling . . ."

4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail, chilled
1-1/2 cups strong tea, chilled
Lemon soda, chilled

Combine cranberry juice and tea. Pour mixture into tall glasses, ⅓ full. Add 2 to 3 ice cubes. Fill glasses with lemon soda. *Serves 6*

CRANBERRY MELANGE

"An intriguing combination"

4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
3 cups finely diced fresh pineapple (1 medium) or 3 cups drained canned pineapple chunks
4 medium carrots, peeled and cut into 1-inch thick slices
1/2 cup granulated sugar
1/4 cup lemon juice
1 teaspoon vanilla extract
4 cups ginger ale, chilled

Place half of pineapple, ¼ cup cranberry juice and 2 carrots in the container of a blender. Cover. Whirl at top speed for 30 seconds until smooth and liquified. Pour through a coarse strainer into a cool mixing bowl. Place remaining pineapple and carrot in blender container with ¼ cup cranberry juice. Cover and whirl at top speed for 30 seconds. Strain through a coarse strainer. Pour into mixing bowl with first mixture. Stir in remaining cranberry juice, sugar, lemon juice and vanilla extract. Chill. Just before serving stir in ginger ale. Pour into tall glasses over ice. *Serves 10*

Slimmers' Choice

FOAMY CRAN SIPPER

"Delightfully deceptive"

2/3 cup Ocean Spray Low Calorie Cranberry Juice Cocktail, chilled
1/3 cup non-fat dry milk crystals
2 saccharine tablets
1/8 teaspoon vanilla extract

Combine all ingredients in a small bowl and beat with a rotary egg beater or electric mixer until mixture is very thick and foamy. Pour into tall glasses and serve at once. This mixture can also be frozen to make a delicious ice milk. *Serves 2*

CRAN-ORANGE SHRINKER

"Freeze mint sprigs in the ice cubes"

4 cups (1 quart) Ocean Spray Low Calorie Cranberry Juice Cocktail
3 cups club soda, chilled
1 cup orange juice
1/4 cup lemon juice

Chill all ingredients. Combine just before serving. Serve with ice cubes in tall glasses. Suggested garnish: fresh mint sprigs. *Serves 8*

CRANBERRY SOUR

"Tart, but a smoothie"

4 cups (1 quart) Ocean Spray Low Calorie Cranberry Juice Cocktail, chilled
Juice of 1 lemon or lime
1 egg white
2 saccharine tablets

Combine all ingredients. Shake well with crushed ice until foamy. Strain into tall glasses. Serve at once. Suggested garnish: mint sprig. *Serves 4*

CRAN-CITRUS BRACER

"Brace up as you slim down"

4 cups (1 quart) Ocean Spray Low Calorie Cranberry Juice Cocktail, chilled
1 can (6 ounces) frozen concentrated orange juice, undiluted
3 cups club soda, chilled
1/4 teaspoon ground ginger

Mix the cranberry juice with the orange juice. Add club soda and ginger just before serving. Serve over ice cubes in tall glasses. *Serves 8*

GLASS THUMPER

Weight-watchers flip – when you serve low-calorie cranberry juice on the rocks.

CRANBERRY BEEF TEA

"The men all like this one"

1 cup Ocean Spray Low Calorie Cranberry Juice Cocktail
1 cube or envelope beef broth (bouillon)

Heat cranberry juice to boiling point. Add bouillon cube and stir until dissolved. Serve hot or cold in small cups or mugs. Variation: Use chicken broth or vegetable broth. *Serves 2*

ICE CREAM SHAKE

"The shape up shake"

1/2 cup Ocean Spray Low Calorie Cranberry Juice Cocktail, chilled
1 scoop vanilla ice milk or low-fat ice cream
1/2 cup club soda
1/4 teaspoon orange, lemon, vanilla, or almond extract

Combine all ingredients and stir until well blended. Serve at once in a tall glass. *Serves 1*

Some Like 'em Hot

MULLED CRANBERRY

"Lose spirits? Take hot a sup of this hot brew."

- 4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
- 2 cups apple juice
- 2 cups orange juice
- 1/2 cup maple flavored syrup
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves

Combine all ingredients; heat just to boiling point. Pour into mugs and served hot. Suggested garnish: marshmallows. *Serves 6*

SPICY CRANBERRY GLOW

"Spiced apple rings for gourmets"

- 4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
- 1/2 cup granulated sugar
- Juice of 1 lemon
- 3 whole cloves
- 2 cinnamon sticks
- 2 teaspoons brandy extract or 1/2 cup brandy

Combine all ingredients and bring to a boil; lower heat and simmer 5 minutes. Remove spices and serve hot in large mugs. Suggested garnish: spiced apple rings. *Serves 4*

CRANBERRY GLIMMER

"Heat your mugs for this one"

- 4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
- 1 can (1 pound) apricot halves and their juice, sieved
- 1/4 cup raspberry syrup
- Juice of 1 lemon
- 4 cups water
- 2 cinnamon sticks
- 6 whole cloves

Combine all ingredients in a saucepan. Heat to the boiling point. Lower heat and simmer for 5 minutes. Remove cinnamon sticks and cloves. Serve hot in large mugs. *Serves 10*

CAFE AU CRANBERRY

"Sophisticated after-dinner drink"

- 2 cups (1 pint) Ocean Spray Cranberry Juice Cocktail
- 2 cups strong coffee or espresso coffee
- 1 tablespoon lemon juice
- Strip of orange peel—4 inches long

Combine cranberry juice and coffee; add lemon juice and orange peel. Bring to a boil and simmer 2 minutes. Remove orange peel and pour liquid into after-dinner coffee cups. Serve with sugar cubes. Suggested garnish: cinnamon sticks. *Serves 6*

CRANAPPLE TODDY

"A tingle-tasting warmer"

6 cups (1½ quarts) Ocean Spray Cranapple*
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
2 cups bourbon
Strip of orange peel—6 inches long

Combine all ingredients and simmer until bubbly. Remove orange peel. Pour into large mugs. *Serves 8*

HOT BUTTERED CRANGROG

"How to butter up a cool customer"

2 cups hot strong tea
4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
1/2 cup dark rum
1/4 cup butter

Combine cranberry juice and tea; heat just to boiling point. Remove from heat and stir in rum and butter. Stir until butter melts. Pour grog into large mugs. Suggested garnish: orange slices. *Serves 6*

CRANAPPLE SPARKLE

"Melts the snow for miles around"

4 cups (1 quart) Ocean Spray Cranapple*
2 packages (10 ounces each) frozen raspberries or strawberries, thawed
Juice of 1 lemon
1/4 cup after-dinner mints

Combine all ingredients and stir until mints are dissolved. Strain mixture and press berries through a fine sieve. Place a small amount at a time in the container of a blender; whirl at top speed for 30 seconds, then strain. Heat. Serve hot in mugs. *Serves 8 to 10*

CRANBERRY GLOGG

"Take those steins off the shelf"

6 whole cloves
2 sticks cinnamon
4 whole cardamom seeds
4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
1/2 cup granulated sugar
2 cups Bordeaux or port wine
1/2 cup brandy
1/2 cup shredded blanched almonds
1 cup light raisins

Tie spices in a piece of cheesecloth and place in saucepan. Add one cup of cranberry juice and the sugar; bring to a boil. Let simmer for 10 minutes. Cool. When punch is ready to serve, remove spice bag. Add remaining cranberry juice, the wine and brandy. Bring to a boil. Serve in mugs or heat-proof glasses, putting some of the almonds and raisins into each mug. *Serves 8*

CRANBERRY CIDER

"Soak wedges of pear in lemon juice to retain color"

4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
4 cups apple cider or hard cider
1 cup diced canned pears, sieved
1 cup water
2 cinnamon sticks
1/2 teaspoon ground nutmeg
8 tablespoons butter

Combine cranberry juice, apple cider, sieved pears, water, cinnamon sticks and nutmeg. Heat to the boiling point. Remove cinnamon sticks. Serve in large mugs with a lump of butter in each serving. Suggested garnish: wedges of apple. *Serves 8*

Party Punches

CRAN-PEACH CREAM

"A peachy dream of a drink"

4 cups (1½ quarts) Ocean Spray Cranberry Juice Cocktail, chilled
2 cups cubed fresh peeled or canned peaches
2 cups (1½ pints) vanilla ice cream
1 teaspoon almond flavoring

Put cranberry juice and peaches into blender. (It may be necessary to blend a small amount at a time, depending on size of blender.) Whirl at top speed for 30 seconds until smooth. Add ice cream and almond flavoring; whirl until smooth and creamy. Pour into punch bowl. Serve in large punch cups. *Serves 12*

Optional: Add 1 cup white

DEEP PURPLE PUNCH

"A tantalizing drink"

4 cups (1 quart) Ocean Spray Grape-berry , chilled
4 cups (1 quart) cherry soda, chilled
1/3 cup thawed concentrated undiluted orange juice
1 quart lemon sherbet

Combine Grape-berry, cherry soda and orange juice. Pour into a punch bowl and top with scoops of lemon sherbet. *Serves 10*

AMERICAN BEAUTY PUNCH

"A sparkling punch for a wedding, a shower, a party"

8 cups (2 quarts) Ocean Spray Cranberry Juice Cocktail, chilled
1 can (6 ounces) frozen concentrated lemonade, undiluted
1/3 cup grenadine syrup
3 cups soda, chilled (use raspberry or grape)

Combine all ingredients just before serving time. Add ice cubes and stir until well chilled. Pour into tall glasses and serve at once. *Serves 12*

Optional: Add 1 cup bourbon or whiskey to above mixture.

PINK PUFF FLUFF

"A garnish of grapefruit sections adds zip to this fluff"

4 cups (1 quart) Ocean Spray Cranapple®, chilled
2 cups grapefruit juice, chilled
2 cups (1 pint) raspberry sherbet
2 cups crushed ice

Combine all ingredients and beat until well blended. Can also be whirled a small amount at a time in a blender, at top speed for 30 seconds. Serve at once in punch cups. *Serves 20*

SPANISH WINE

"Big party.... big fun..."

- 6 cups (1½ quarts) Ocean Spray Cranberry Juice Cocktail
- 3 cups claret wine
- 1 orange, peeled and cut into slices
- 1 lemon, peeled and cut into slices
- 1/2 cup granulated sugar
- 6 cups crushed ice
- Club soda, chilled

In a large 6-quart bowl combine cranberry juice, claret, orange and lemon slices, sugar and ice. Stir, crushing fruit until mixture is well chilled and ice is almost melted. Strain mixture and pour into tall glasses, filling them ¾ full. Fill glasses with club soda and serve at once. *Serves 12*

Optional: Add ½ cup brandy.

CRANBERRY LEMONADE

"The great lemonade comeback"

- 4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail, chilled
- 1 can (6 ounces) frozen concentrated lemonade, undiluted
- 1 can (6 ounces) frozen concentrated limeade, undiluted
- 1/4 cup granulated sugar
- 4 cups club soda, chilled

Combine cranberry juice, lemonade, limeade, sugar and stir until sugar is dissolved. Stir in club soda and serve in tall glasses with ice cubes. *Serves 10*

Optional: Add 1½ cups light rum and 2 tablespoons Grand Marnier.

WEDDING PARTY PUNCH

"Bubbly for a beer budget"

- 1 bottle (1 quart) champagne, chilled
- 4 cups ginger ale, chilled
- 4 cups orange juice, chilled
- 4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail, chilled
- 1 large chunk of ice

Pour all ingredients over ice in punch bowl. Serve at once in large punch cups. *Serves 20*

Optional: Add 1 jigger Pernod.

SPRING BERRY PUNCH

"Celebrate the rites of spring"

- 1 cup granulated sugar
- 1 cup water
- 2 teaspoons rosemary leaves
- 1/8 teaspoon salt
- 2 lemons, sliced
- 2 cups rosé wine, chilled
- 8 cups (2 quarts) Ocean Spray Cranberry Juice Cocktail, chilled
- 2 cups halved hulled strawberries or 2 packages (10 ounces each) frozen strawberries, thawed

In a saucepan combine sugar, water, rosemary leaves, salt and lemon slices. Bring to boiling point. Remove from heat, cover and steep 5 minutes. Cool and strain. Chill. When ready to serve, stir in wine and cranberry juice; add strawberries. If frozen strawberries are used, add 1 tablespoon lemon juice to above mixture. Add ice cubes and spoon into punch cups. *Serves 25*

GLASS THUMPER

Mock Pink Champagne for the Young Sprouts— Mix equal parts of well-chilled cranberry juice and lemon-lime soda.

...With a Kick.

HARPOON

A whole of a drink

ounces Ocean Spray cranberry
juice Cocktail
ounce vodka, light rum or gin

Serve over the rocks or tall with ... Stir, add ... lime or lemon optional. *Serves 1*

CRANBERRY SPRITZER

"Garnish with maraschino cherries in ice cubes"

1 cup Ocean Spray
Cranberry Juice Cocktail, chilled
...
2 ounces Grand Marnier
1 club soda, chilled

... pour cranberry juice ... over ice cubes. Add ... Fill to top with club soda. *Serves 1*

PINK LAGOON

A Ladies Day Special

½ cup Ocean Spray
... Cocktail, chilled
...
½ cup pineapple juice

Combine cranberry juice, vodka and ... pineapple juice ... Add ice cubes and stir until well chilled. Suggested garnish: pineapple chunks and mint sprigs. *Serves 1*

BOSTON MIST

"New England's gift to the quaffers of America"

1 ounce cherry brandy
... sugar ... cranberry Juice cocktail
... ounces ... ounces ... ice cubes ...
... with ...
... Stir ...

COLONY ICED TEA

"A drink with dash"

... cup ... tea
... tablespoons ... sugar
... tablespoons ... Spray Cranberry
Juice Cocktail

Stir ... sugar ... pour ... glass over cracked ice. *Serves 1*

MEXICALI ROSE

South of the border special

1 ounce tequila
1 tablespoon lime juice
½ cup Ocean Spray Cranberry Juice
Cocktail

Shake with cracked ice, strain, and pour into cocktail glass. *Serves 1*

PETER COLLINS

"Tom Collins' brought bother"

1 ounce gin
½ cup Ocean Spray Cranberry Juice
Cocktail, chilled
Club soda, chilled

Shake gin and cranberry juice and ... Add ice cubes. Fill with soda. *Serves 1*

CRANBERRY APRICOT MIST

"On a cool day

4 whole canned peeled

2 cups (1 pint) Ocean Spray
Cranberry Juice Cocktail, chilled

garnish: maraschino cherries

Serves 6

CRANBERRY APPLETWIRL

2 cups (1 pint) Ocean Spray

Pour into tall glasses and serve at once. Suggested garnish: ground cinnamon. *Serves 4*

CRANBERRY SPECIAL

2 cups (1 quart) Ocean Spray
Cranberry Juice Cocktail, chilled

FROZEN FIRE

"A fire cracker red drink for those special holidays"

2 cups (1 pint) Ocean Spray

Combine cranberry juice and

berry ade. Serve at once in tall

apple spears. *Serves 12*

CRANBERRY TICKLE

"Sour cream gives this drink the tickle"

2 cups (1 pint) Ocean Spray
Cranberry Juice Cocktail, chilled

at top speed for 30 seconds

CRANBERRY BEES KISS

"A pleasant sting

Pour into tall glasses and serve at once. Sug

cream. *Serves 3*

CRANBERRY DAISY

CRANAPPLE FOAMY

CRANAPPLE MERRY-GO-ROUNDS

For [illegible] each

For [illegible] make [illegible] with sparkling

[illegible] cup [illegible] Cranapple drink
[illegible]
- [illegible] cup ice cream or sherbet
- Santa Cruz flavor [illegible]

Pour Cranapple into tall glass or [illegible] cream or sherbet. Add gin, stir slowly with [illegible]. Serve [illegible] with straws.

Try these flavor combinations:

Ruby [illegible] Cranapple vanilla ice cream and cream soda

Peach Fizz Cranapple [illegible] ice cream and ginger ale

Tropical [illegible] Cranapple [illegible] ice cream and orange soda

Lemon Zing Cranapple lemon ice and grapefruit flavored soda

Orange [illegible] Cranapple orange ice and mineral water

Tart [illegible] Cranapple tart berry ice and lemon soda

Cranilla Cranapple vanilla ice cream and cola

Magic [illegible] Cranapple [illegible] ice cream with [illegible] flavored syrup to taste

CRANBERRY FRUIT TONER

"Breakfast fruit—in a glass"

1 tablespoon crushed pineapple
½ or 2 fresh strawberries, sliced
2 canned apricot halves, drained
2 fresh orange sections
Ocean Spray Cranberry Juice Cocktail, chilled
Quinine water, chilled

Place pineapple, strawberries, apricot halves and orange sections into a tall glass. Fill glass ⅓ full of chilled cranberry juice. Fill glass to the top with quinine water, and serve at once. *Serves 1*

CRANPRUNE BREAKFAST

"All the nutrients of a good breakfast"

3/4 cup Ocean Spray Cranprune®, chilled
1/2 cup skim milk, chilled
1 egg
2 tablespoons wheat germ
Granulated sugar to taste

Combine all ingredients in a blender and whirl at top speed for 30 seconds until smooth. Pour into a tall glass and serve at once. *Serves 1*

GRAPE-BERRY BREAKFAST

"Fast and wholesome"

3/4 cup Ocean Spray Grape-berry®, chilled
1 egg
1/4 cup light cream, chilled
1/2 cup vitamin enriched corn flakes

Combine all ingredients in a blender and whirl at top speed for 30 seconds until smooth. *Serves 1*

CRANBERRY "C" SPECIAL

"Loaded with Vitamin C"

1/4 cup water
1 tablespoon lemon juice
1/4 cup non-fat dry milk crystals
4 cups (1 quart) Ocean Spray Cranberry Juice Cocktail
1 can (6 ounces) frozen concentrated orange juice, undiluted
Ground nutmeg

Mix water with lemon juice and milk crystals. Beat with a rotary egg beater until stiff. Add cranberry juice to orange juice and stir until smooth. Gradually beat into whipped milk mixture. Pour into tall glasses, sprinkle with nutmeg and serve immediately. *Serves 6*

CRAN-ORANGE MIX-UP

"That crazy mixed up milk thing"

1 cup boiling water
1 package (3 ounces) orange-flavored gelatin
2 cups (1 pint) Ocean Spray Cranberry Juice Cocktail
3 cups reconstituted non-fat dry milk
1 bottle (1 pint, 15 ounces) fruit-flavored soda, chilled

Add boiling water to gelatin. Stir until dissolved. Add to cranberry juice. Stir in milk. Chill. When ready to serve, add fruit flavored soda, stir gently. *Serves 10*

LOW CALORIE BREAKFAST

"Slim down—keep energy up"

3/4 cup Ocean Spray Low Calorie Cranberry Juice Cocktail, chilled
1/2 cup non-fat dry milk crystals
1/2 a peeled ripe pear
1 egg white
saccharine

Combine all ingredients except sweetener in a blender and whirl at top speed for 20 seconds or until smooth. Add sweetener to taste. Pour into a tall glass. *Serves 1*

MORNING GLORY

"Nourishment—and calories—for picky eaters"

1 egg, separated
2 tablespoons superfine sugar
2/3 cup heavy cream
2/3 cup milk, chilled
1 cup Ocean Spray Cranprune®, chilled
Ground nutmeg

Beat egg yolk. Add 1 tablespoon sugar and beat well. Stir in cream. Beat egg white until stiff. Add 1 tablespoon sugar. Fold into egg yolk mixture. Add milk and Cranprune. Pour into tall glasses. Sprinkle with nutmeg. *Serves 2*

CRANPROTEIN DRINK

"Power punch of protein"

3/4 cup Ocean Spray Cranberry Juice Cocktail, chilled
1/2 cup skim milk, chilled
1/3 cup non-fat dry milk crystals
1 egg
2 tablespoons skim milk cottage cheese

Combine all ingredients in a blender and whirl at top speed for 30 seconds until smooth. *Serves 1*

CRANBERRY MALTED

"A glass of health"

3/4 cup Ocean Spray Cranberry Juice Cocktail, chilled
1/4 cup heavy cream
1 tablespoon vanilla malted milk powder
1 scoop vanilla ice cream

Combine all ingredients in a blender and whirl at top speed for 30 seconds. *Serves 1*

CRAN QUEEN BEE SODA

"A honey of a drink to make"

Place one scoop of vanilla ice cream into a tall glass and top with about 2 teaspoons honey. Fill glass with chilled Ocean Spray Cranberry Juice Cocktail. Stir gently and serve at once with a long spoon. *Serves 1*

GLASS THUMPER

To Your Health—Serve the two-in-one breakfast juice, Cranprune®, plain or on the rocks.

Drink Mix Tricks

No punch bowl? Scoop out a watermelon half (cut the long way).

Easy-on-the-hostess. Make the base for your punch ahead of time and keep in the refrigerator.

On the rocks? Crack the cubes of ice a little so they will blend faster.

Shaking drinks in ice? Watch out! Fifteen seconds adds ¾ ounce of water per drink.

Fruited sugar cubes. Rub sugar cubes over the skin of slightly warm citrus fruit to extract fruit oil.

On the sweet side? Use superfine granulated sugar to avoid caking and to assure thorough dilution.

Fresh fruits, anyone? Slice or squeeze fruits just before using. Otherwise they will lose color and flavor even under refrigeration.

Punch glass fun. Float a colored marshmallow in each glass of punch.

Fruit on fruit for garnish. Float a maraschino cherry on top of lemon slice in punch cup. A strawberry on top of an orange slice.

The convivial coconut. Sprinkle white or colored shredded coconut over creamy blended drinks.

Frosted glasses. Dip the edge of each glass into lemon juice or slightly beaten egg white, then dip in sugar.

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